

**Table 51 (page 1 of 2). Healthy People 2010 Leading Health Indicators: United States, selected years 1990–2002 and 2010 target**

[Data are based on interviews and examinations of samples of the civilian noninstitutionalized population or special population subgroups; information from death certificates and birth certificates; and air quality measurements]

Leading Health Indicators, measures, and Healthy People 2010 objective numbers	1990	1995	1998	1999	2000	2001	2002	2010 Target
<b>Physical activity</b>								
1a. Adolescents in grades 9–12: percent who engaged in 20 minutes or more of vigorous activity 3 or more days per week (obj 22–07) . . . . .	---	64	---	65	---	65	---	85
1b. Adults age 18 years and over: age-adjusted percent who engaged in moderate activity (at least 30 minutes, 5 days per week) or vigorous activity (at least 20 minutes, 3 days per week) (obj 22–02) <sup>1</sup> . . . . .	---	---	30	30	32	32	33	50
<b>Overweight and obesity<sup>2</sup></b>								
2a. Overweight or obese children and adolescents, age 6–19 years: percent who are at or above the sex- and age-specific 95th percentile of Body Mass Index (BMI) based on CDC Growth Charts: United States (obj 19–03c) . . . . .	11	---	---	---	15	---	---	5
2b. Obese adults age 20 years and over: age-adjusted percent with BMI of 30 Kg/m <sup>2</sup> or more (obj 19–02) . . . . .	23	---	---	---	31	---	---	15
<b>Tobacco use</b>								
3a. Adolescents in grades 9–12: percent who smoked cigarettes one or more days in the past 30 days (obj 27–02b) . . . . .	---	35	---	35	---	28	---	16
3b. Adults age 18 years and over: age-adjusted percent who smoked more than 100 cigarettes in their lifetime and now report smoking on some days or every day (obj 27–01a) <sup>1</sup> . . . . .	25	25	24	23	23	23	22	12
<b>Substance abuse<sup>3</sup></b>								
4a. Adolescents age 12–17 years: percent who reported no use of alcohol or illicit drugs in the past 30 days (obj 26–10a) . . . . .	---	---	---	80	80	---	---	89
4b. Adults age 18 years and over: percent who reported illicit drug use in the past 30 days (obj 26–10c) . . . . .	---	---	---	5.8	5.9	6.6	---	2.0
4c. Adults age 18 years and over: percent who reported binge drinking in the past 30 days (obj 26–11c) . . . . .	---	---	---	21	22	22	---	6
<b>Responsible sexual behavior</b>								
5a. Adolescents in grades 9–12: percent who are not sexually active or sexually active and used condoms (obj 25–11) . . . . .	---	83	---	85	---	86	---	95
5a1. Never had intercourse. . . . .	---	47	---	50	---	54	---	...
5a2. Used a condom at last intercourse. . . . .	---	21	---	21	---	19	---	...
5a3. No sexual intercourse in past 3 months . . . . .	---	15	---	14	---	12	---	...
5b. Sexually active unmarried women age 18–44 years: percent who reported condom use by partners (obj 13–06a) . . . . .	---	23	---	---	---	---	---	50
5c. New cases of gonorrhea per 100,000 population (obj 25–02) (supplemental measure) . . . . .	277	149	132	132	129	129	---	19
<b>Mental health</b>								
6a. Adults age 18 years and over: percent with recognized depression who received treatment (obj 18–09b) <sup>4</sup> . . . . .	---	23	---	---	---	---	---	50
6b. Age-adjusted suicide rate per 100,000 standard population (obj 18–01) (supplemental measure) . . . . .	12.5	11.8	11.1	10.5	10.4	10.7	---	5.0
<b>Injury and violence</b>								
7a. Age-adjusted death rate for motor vehicle traffic-related injuries per 100,000 standard population (obj 15–15a) <sup>5</sup> . . . . .	18.0	15.9	15.3	14.7	14.9	14.9	---	9.2
7b. Age-adjusted homicide rate per 100,000 standard population (obj 15–32) . . . . .	9.4	8.3	6.4	6.0	5.9	7.1	---	3.0

See footnotes at end of table.

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[Data are based on interviews and examinations of samples of the civilian noninstitutionalized population or special population subgroups; information from death certificates and birth certificates; and air quality measurements]

Leading Health Indicators, measures, and Healthy People 2010 objective numbers	1990	1995	1998	1999	2000	2001	2002	2010 Target
<b>Environmental quality</b>								
8a. Percent of population exposed to ozone above EPA standard (obj 08–01a) . . . . .	---	---	43	43	43	41	---	0
8b. Persons age 4 years and over: age-adjusted percent of nonsmokers exposed to environmental tobacco smoke (obj 27–10) <sup>2</sup> . . . . .	88.1	---	---	---	53.9	---	---	45
8c. Persons under age 18 years: hospital admissions for asthma per 10,000 population (obj 01–09a) (supplemental measure) . . . . .	---	---	---	25.5	---	21.4	---	17.3
<b>Immunization</b>								
9a. Children age 19–35 months: percent who received all DTaP, polio, MMR, Hib, and HepB vaccines (obj 14–24a) . . . . .	---	---	73	73	73	74	75	80
9b. Adults age 65 years and over: age-adjusted percent who received influenza vaccine in the past 12 months (obj 14–29a) <sup>1</sup> . . . . .	---	59	64	66	65	63	66	90
9c. Adults age 65 years and over: age-adjusted percent who ever received pneumococcal vaccine (obj 14–29b) <sup>1</sup> . . . . .	---	35	46	50	53	54	55	90
<b>Access to health care</b>								
10a. Persons under age 65 years: age-adjusted percent with health insurance (obj 01–01) <sup>1,6</sup> . . . . .	---	84	83	84	83	84	84	100
10b. Persons of all ages: age-adjusted percent with a specific source of ongoing primary care (obj 01–04a) <sup>1</sup> . . . . .	---	87	87	86	87	88	88	96
10c. Pregnant women: percent who received prenatal care in the first trimester (obj 16–06a) . . . . .	76	81	83	83	83	83	---	90

--- Data not available.

... Data not applicable.

<sup>1</sup>Data for 1997 and later years are not strictly comparable with data for earlier years due to the 1997 questionnaire redesign. See Appendix I, NHIS. Data for 2002 are provisional.

<sup>2</sup>NHANES data for 1990 are for the period 1988–94. NHANES data for 2000 are for the period 1999–2000, and are based on a smaller sample size and therefore are subject to greater sampling error than the estimate for 1988–94.

<sup>3</sup>In a major redesign of the survey in 1999, the sample size, mode of administration, and survey content changed. Data are not shown for 1998 and earlier years because only limited comparisons can be made between data from the redesigned surveys (1999 onward) and data obtained from surveys prior to 1999. See Appendix I, NHSDA.

<sup>4</sup>Baseline year 1997 and baseline value 23 percent are shown in 1995.

<sup>5</sup>Population estimates used to compute rates for 1991–2000 differ from those used previously. Starting with *Health, United States, 2003*, rates for 1991–99 were revised using intercensal population estimates based on Census 2000. Rates for 2000 were revised based on Census 2000 counts. Rates for 2001 were computed using 2000-based postcensal estimates. See Appendix I, Population Census and Population Estimates.

<sup>6</sup>Figures for 2001 include September 11 related deaths for which death certificates were filed as of October 24, 2002. See updated Appendix II table V for new terrorism-related ICD–10 codes.

<sup>7</sup>Motor vehicle traffic-related injuries (ICD–9-E810-E819 prior to 1999; and for 1999 and later years ICD–10-V02-V04(.1–.9), V09.2, V12-V14(.3–.9), V19(.4–.6), V20-V28(.3–.9), V29(.4–.9), V30-V39(.4–.9), V40-V49(.4–.9), V50-V59(.4–.9), V60-V69(.4–.9), V70-V79(.4–.9), V80(.3–.5), V81.1, V82.1, V83-V86(.0–.3), V87(.0–.8), V89.2) are a subset of data in tables 29 and 44 for motor vehicle-related injuries. (For ICD–10 codes, parenthetical digits apply to each preceding alphanumeric in the range.)

<sup>8</sup>See Appendix II, Health insurance coverage, for a discussion of changes in measurement of this variable.

NOTES: Additional information on specific measures is presented in the following tables: measure 3b (table 59); measure 5c (table 52); measure 6b (table 46); measures 7b (table 45); measure 10a (table 130); measure 10c (table 6). Additional information related to other measures is presented in the following tables: measure 2a (table 69); measure 2b (table 68); measures 4a and 4c (table 62); measure 5b (table 17); measure 7a (table 44); measure 9a (tables 71 and 72); measure 10b (tables 74 and 76). Current data for Healthy People 2010 objectives can be obtained from the DATA2010 Web site: [wonder.cdc.gov/data2010](http://wonder.cdc.gov/data2010). Data for additional years are available. See Appendix III.

SOURCES: Youth Risk Behavior Surveillance System (YRBSS), CDC, NCCDPHP: measures 1a, 3a, and 5a; National Health Interview Survey (NHIS), CDC, NCHS: measures 1b, 3b, 9b, 9c, 10a, and 10b; National Health and Nutrition Examination Survey (NHANES), CDC, NCHS: measures 2a, 2b, and 8b; National Household Survey on Drug Abuse (NHSDA), SAMHSA: measures 4a, 4b, 4c, and 6a; National Survey of Family Growth (NSFG), CDC, NCHS: measure 5b; Sexually Transmitted Diseases (STD) Surveillance System, CDC, NCHSTP: measure 5c; National Vital Statistics System (NVSS), CDC, NCHS: measures 6b, 7a, 7b, 10c; Aerometric Information Retrieval System (AIRS), EPA, OAR: measure 8a; Healthcare Cost and Utilization Project (HCUP), AHRQ: measure 8c; National Immunization Survey (NIS), CDC, NIP and NCHS: measure 9a.